

Claims

What is claims is:

1. A restraint that reduces breast movement while a person exercises or performs some other activity, comprising:
  - a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and
  - an adjustable fastener for fastening the strap together;
  - wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.
2. A restraint as in claim 1, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.
3. A restraint as in claim 2, wherein the strap is all of a uniform width.
4. A restraint as in claim 2, wherein the strap is shaped so as to be wider at the portion that fits across the tops of the breasts.
5. A restraint as in claim 1, wherein the strap is all of a single elastic material.

6. A restraint as in claim 1, wherein the fastener is a velcro fastener.
7. A restraint as in claim 1, wherein the restraint is adapted to be worn in addition to a bra.
8. A restraint as in claim 1, wherein the strap is incorporated into a bra.
9. A restraint as in claim 8, wherein the bra is a sports bra.
10. A method that reduces breast movement while a person exercises or performs some other activity, comprising:
  - fitting a strap across tops of the person's breasts, under the person's arms, and around the person's back; and
  - fastening the strap together with an adjustable fastener;
  - wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.
11. A method as in claim 10, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.
12. A method as in claim 11, wherein the strap is all of a uniform width.

13. A method as in claim 11, wherein the strap is shaped so as to be wider at the portion that fits across the tops of the breasts.
14. A method as in claim 10, wherein the strap is all of a single elastic material.
15. A method as in claim 10, wherein the fastener is a velcro fastener.
16. A method as in claim 10, further comprising wearing a bra.
17. A method as in claim 10, wherein the strap is incorporated into a bra.
18. A method as in claim 17, wherein the bra is a sports bra.